

LEIDS-R

Instructions

Below are a number of statements that may apply to you to a lesser or greater extent.

Almost every statement concerns your thoughts about a certain matter *at times when you feel down or when you are in a low mood*. This does **not** mean a seriously depressed mood or true depression.

Your task is to indicate the extent to which the statements apply to you when you feel somewhat sad.

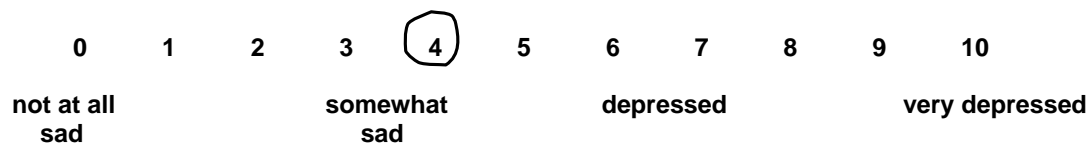
Try to imagine the following situation when filling out this questionnaire:

It is certainly not a good day, but you don't feel truly down or depressed.

Perhaps your mood is an early sign of something worse to come, but things might also improve in the next day or two.

On a scale ranging from 0 to 10 (0 = not at all sad; 10 = extremely sad; 6 and above = a truly depressed mood), you would choose a 3 or 4 to describe your mood.

The scale looks like this:



Please try to imagine yourself in the above situation, for instance by thinking back to the last time you felt somewhat sad (score 3 or 4).

{Now take some time to imagine such a situation.}

To what extent are you able to imagine such a situation?

- well
- somewhat
- not at all

Now proceed to the next question (even if you find it difficult to imagine yourself in such a situation).

This applies to me: (please circle)

	<i>not at all</i>	<i>a bit</i>	<i>mode- rately</i>	<i>strongly</i>	<i>very strongly</i>
1. I can only think positive when I am in a good mood.	0	1	2	3	4
2. When in a low mood, I take fewer risks.	0	1	2	3	4
3. When I feel sad, I spend more time thinking about what my moods reveal about me as a person.	0	1	2	3	4
4. When in a sad mood, I am more creative than usual.	0	1	2	3	4
5. When I feel down, I more often feel hopeless about everything.	0	1	2	3	4
6. When I feel down, I am more busy trying to keep images and thoughts at bay.	0	1	2	3	4
7. In a sad mood, I do more things that I will later regret.	0	1	2	3	4
8. When I feel sad, I go out and do more pleasurable activities.	0	1	2	3	4
9. When I feel sad, I feel as if I care less if I lived or died.	0	1	2	3	4
10. When I feel sad, I am more helpful.	0	1	2	3	4
11. When I feel sad, I am less inclined to express disagreement with someone else.	0	1	2	3	4
12. When I feel somewhat depressed, I think I can permit myself fewer mistakes.	0	1	2	3	4
13. When I feel down, I more often feel overwhelmed by things.	0	1	2	3	4
14. When in a low mood, I am more inclined to avoid difficulties or conflicts.	0	1	2	3	4
15. When I feel down, I have a better intuitive feeling for what people really mean.	0	1	2	3	4
16. When in a sad mood, I become more bothered by perfectionism.	0	1	2	3	4
17. When I feel sad, I more often think that I can make no one happy.	0	1	2	3	4
	<i>not at all</i>	<i>a bit</i>	<i>mode- rately</i>	<i>strongly</i>	<i>very strongly</i>

Please continue on the next page.

This applies to me: (please circle)

	<i>not at all</i>	<i>a bit</i>	<i>mode- rately</i>	<i>strongly</i>	<i>very strongly</i>
18. When I feel bad, I feel more like breaking things.	0	1	2	3	4
19. I work harder when I feel down.	0	1	2	3	4
20. When I feel sad, I feel less able to cope with everyday tasks and interests.	0	1	2	3	4
21. In a sad mood, I am bothered more by aggressive thoughts.	0	1	2	3	4
22. When I feel down, I more easily become cynical (blunt) or sarcastic.	0	1	2	3	4
23. When I feel down, I feel more like escaping everything.	0	1	2	3	4
24. When in a sad mood, I feel more like myself.	0	1	2	3	4
25. When I feel down, I more often neglect things.	0	1	2	3	4
26. When I feel sad, I do more risky things.	0	1	2	3	4
27. When I am sad, I have more problems concentrating.	0	1	2	3	4
28. When in a low mood, I am nicer than usual.	0	1	2	3	4
29. When I feel down, I lose my temper more easily.	0	1	2	3	4
30. When I feel sad, I feel more that people would be better off if I were dead.	0	1	2	3	4
31. When I feel down, I am more inclined to want to keep everything under control.	0	1	2	3	4
32. When I feel sad, I spend more time thinking about the possible causes of my moods.	0	1	2	3	4
33. When in a sad mood, I more often think about how my life could have been different.	0	1	2	3	4
34. When I feel sad, more thoughts of dying or harming myself go through my mind.	0	1	2	3	4
	<i>not at all</i>	<i>a bit</i>	<i>mode- rately</i>	<i>strongly</i>	<i>very strongly</i>

Please check whether all items are answered. Thank you.